



## **BABY TALK**

**1:30 – 3:00 pm**

**Salmon Arm Health Centre**

**(851 16<sup>th</sup> Street NE, 250 833 4101)**

**Please call 250 833 4101 to sign up for the sessions you plan on attending. We have 8 seats available per session.**

**April 6,2022.....Intro to Solids**  
**April 13,2022.....Breastfeeding**  
**April 20,2022..... Story Time**  
**April 27,2022.....PPD & Anxiety**  
**May 4,2022.....Core & Pelvic Floor**  
**May 11,2022.....Shuswap Children's Association**  
**May 18,2022.....Dental Care**  
**May 25,2022.....Say Yes to The Rest**  
**June 1,2022.....Early Speech & Language**  
**June 8,2022.....Infant Massage #1**  
**June 15,2022.....Infant Massage #2**  
**June 22,2022.....Water Safety**

## **Presentations**

- **Rhonda Wasylenki, Public Health Nurse, will discuss introducing baby to solid foods.**
- **Mila Mrochuk, nurse and lactation consultant, will be talking to us about breastfeeding. Please feel free to bring all your challenging and beautiful breastfeeding stories to share.**
- **Airdie Burnham, Salmon Arm's Children's Librarian, will share with us the children's programs available at the Salmon Arm Library.**
- **Olga Aleksiienko has a MA (Psychology & Education), M.Ed. (Counselling), and is a Registered Clinical Counsellor. Olga will be discussing the topic of PPD & Anxiety.**
- **Jill Nahm, a physiotherapist, will present to us on strengthening our core and pelvic floor muscles after pregnancy and giving birth.**
- **Amy Nutall comes to us from the Shuswap Children's Association. Amy will introduce to us our community's new Family Navigator.**
- **Denise Bieber, Dental Hygienist, will provide us with tips and tricks on how to care for Baby's first teeth.**
- **Missy Morrison Charko, certified Sleep Sense Consultant, passion is helping families get their babies and toddlers sleeping through the night.**
- **Bonnie Johnson from our Speech and Language Development program will share with us information on baby's early language development**
- **Infant massage classes are a popular and delightful way to connect with your baby. Tammy Corston from the Infant Development Program will lead us for two sessions of Infant Massage.**
- **Katie Overgaard, Water Safety Instructor, will be presenting on how to keep baby safe in and around water.**